

Indiana State Board of Massage Therapy

December 2011 Edition



Board Members:

Deborah Ellis, CMT, Chair
Ann Botka, CMT, Vice-Chair
Roger Reeves, Consumer, Member
Barbara Lis, CMT, Member
Christopher Johnson, Consumer, Member

Administrative Staff:

Tasha Coleman, Director
Andre Phillips, Asst Director
Lorrie Ruble, Case Manager
Kimberly Oakley, Case Manager
Kathy Dishman, Case Manager

Contact Us:

402 W. Washington Street, Room W072
Indianapolis, IN 46204
Office hours: 8:00 a.m. to 4:30 p.m.
(317) 234-2051 (office)
(317) 233-4236 (fax)
pla6@pla.in.gov
www.in.gov/pla/hfa.htm

2012 Meeting Dates/locations:

- February 20
- June 11 (CC1)
- August 6
- October 15

Please note that meeting dates are subject to change or may be cancelled due to lack of business. Board meetings are held in the Indiana Government Center South, 402 West Washington Street, Indianapolis, Indiana 46204. All meetings will be held in Conference Room W064 of the Indiana Professional Licensing Agency (unless otherwise indicated).

Member Profile:

In this section of the newsletter we will introduce you to your board one by one.

Deborah Ellis lives in Avon, IN, and has served on the Massage Therapy Board since its inception in January, 2008. She graduated from the IUPUI massage therapy program in 1997, and has been doing massage therapy full-time since January of 2000. Since 2004, Deborah has owned and operated Euphoria Spa & Wellness Center in Hendricks County, an accredited medical supply facility which provides post-mastectomy products as well as a variety of spa services. Deborah is also a licensed esthetician, a certified intradermal cosmetic technician and a certified mastectomy fitter.

What's Happening in your Profession?

2012 Brings Another Attempt at Licensure for CMT's in Indiana!
Clarifying the Law and defining scope of practice is a priority!

By: Jennie Irving

It has been a few years now since the certification of massage therapist law has been active in Indiana. This regulation has served a purpose. It has enacted the State Board of Massage Therapy, giving the public a standard of education they may expect from therapists, and a governing agency to enforce the practice act. As time has passed, the association has been able to define some areas in which to law is lacking.

The 2012 Bill seeks to better define the definition and scope of massage therapy. Rather than being a new licensure law, we seek to expand and improve the existing one. The current certification law is more of a title protection act than anything, and allows for people who are not adequately trained in the field to offer "massage" by skirting the title act. As the required educational standards become more strident in Indiana and across the country, our profession needs better definition. Consumers should not have to play "buyer beware" when seeking legitimate massage therapy.

This newsletter is offered as an information service and is not intended as legal advice. Anyone seeking certification in a massage therapy related capacity uncertain of his/her legal standing should seek the advice of legal counsel. Information presented here was originally developed by the Indiana State Board of Massage Therapy and can be copied and distributed without copyright restriction.

Indiana State Board of Massage Therapy

December 2011 Edition



Newsletter Schedule

- March
- June
- September
- December

Helpful Links:

FSMTB: <http://www.fsmtb.org>

AMTA Indiana: <http://www.amtaindiana.org>

Massage Therapy has Many Benefits

By: Shona Botes

Retrieved from Natural News: 12/19/11

Ancient Western and Eastern civilizations dating back as far as 3000 years discovered that massage and touch therapy have many health benefits. From being rendered a disreputable form of indulgence, massage is now seen as a holistic method of healing, which is practiced all over the world today. Benefits range from relieving migraines and stress relief to improving circulation and having the ability to rehabilitate physical functions.

Tense muscles can cause the body to lose its natural balance. This can lead to pain as other muscles in the body tense to try to compensate for those which are causing the initial pain. It soon becomes a chain reaction, which causes the problem to spread, often quite far from the initial problem area. Experienced massage therapists will be able to locate the source of the problem and thus begin the healing process. This in turn may be able to assist a person with eliminating a dependence on pain medication.

Massage therapy assists with releasing endorphins into the body, which can help with pain relief. It is able to lessen depression and anxiety while improving the condition of the skin, which is the largest organ of the body. Those suffering from lower back pain are able to experience relief as well as a greater range of motion after a massage treatment.

Massage has also been shown to assist with other conditions such as blood pressure control, immune system boosting, infant growth and sports-related injuries. Research has also shown that massage can be beneficial to autistic children, who seemed to display less erratic behavior after a massage session. Office workers who make use of massage therapy tend to be more alert and display less stress than those who don't. Patients who have undergone any form of abdominal surgery tend to heal quicker when making use of massage therapy. It also decreases itching, anxiety, pain, depression and tension in patients suffering from burns.

Premature babies also benefit from massage therapy, as research has shown that infants who receive massage therapy grow and develop faster than those who don't. Those suffering from cancer were also reported to be less anxious after receiving massage therapy. It also increases lymph flow and stimulates weak muscles. It is also able to reduce cramps and swelling in the body.

It is important that massage therapy be done by qualified therapists. It is also not recommended for people who suffer from open wounds, fractures, severe osteoporosis or blood clots. Pregnant women should also exercise caution with regards to massage therapy.

Sources:

<http://www.naturalhealers.com/qa/ma...>

<http://www.holisticonline.com/massa...>

<http://www.massagetherapy.com/learn...>

<http://www.mayoclinic.com/health/ma...>

<http://www.massagetherapy101.com/ma...>

This newsletter is offered as an information service and is not intended as legal advice. Anyone seeking certification in a massage therapy related capacity uncertain of his/her legal standing should seek the advice of legal counsel. Information presented here was originally developed by the Indiana State Board of Massage Therapy and can be copied and distributed without copyright restriction.